

Date: 9/12/25

PREP Grades 9-12 LAUSD Breakfast Menu
October 13 – 17, 2025

	Monday 10/13	Tuesday 10/14	Wednesday 10/15	Thursday 10/16	Friday 10/17
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Entrée 1	Cinnamon French Toast V	Morning Magic Bagel V	NEW/LTO- Turkey Sausage & Pancakes	Hot Honey Chicken Jalapeno Biscuit Sandwich	Café LA Coffee Cake V
Entrée 2	Deluxe Cereal Bowl V	Chocolate Chip Muffin V	Yogurt 4 oz. & Crackers V	Deluxe Cereal Bowl V	Yogurt 4 oz. & Nutri-Grain Bar V
Entrée 3 <i>Vegan</i>	Cinnamon Toast Crunch	Morning Magic Bagel	Guava & Apple Pastelito	Cinnamon Toast Crunch	Morning Magic Bagel
	BIC Sites: Put at least 1 serving of the Vegan option in each BIC bag each day.				
Fruit (½ c)	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Fruit Juice (½ c, 4 oz.)	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
Milk (8 oz.)	Milk	Milk	Milk	Milk	Milk
Condiments	-	Cream Cheese, Strawberry Jam	-	-	Strawberry Jam

All the Grain/Bread items served are whole grain rich.

V = Vegetarian

Deluxe Cereal Bowl

Cinnamon Toast Crunch	Honey Bunches of Oats	Honey Cheerios
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Fresh Fruit

Apple Slices, Red	Banana	Grapes
Kiwi	Pear, Bosc	Plum

Milk (8 oz.) – Must serve at least two (2) of the following options:

Fat-Free	Low-Fat	Fat-Free Lactose Free
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Date: 9/12/25

PREP Grades 9-12 LAUSD Lunch Menu

October 13 – 17, 2025

National School Lunch Week

	Monday 10/13	Tuesday 10/14	Wednesday 10/15	Thursday 10/16	Friday 10/17
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Entrée 1 <i>Café LA Favorite</i>	Walking Taco Nachos (Turkey & Cheese) & Pico De Gallo	Pepperoni Pizza Wedge AND/OR Cheese Pizza Wedge V NEW -Optional Pizza Variations: Hawaiian Pizza, Mexican Pizza, Supreme Pizza	BBQ Popcorn Chicken Honey Biscuit AND/OR Buffalo Popcorn Chicken Honey Biscuit	Mini Mozzarella Bites with Marinara Sauce V	*Optional: Fresh Topping for both sandwiches Breaded Chicken Sandwich* AND/OR Spicy Breaded Chicken Sandwich*
Entrée 2 <i>Bowl</i>	Beef & Cheese Taquitos & Fresh Salsa	BBQ Beef Rib Patty Sandwich with Pickles & Coleslaw	Cheese Tortellini V Artisan Roll	NEW -Beef Bibimbap Bowl	Pork Carnitas Bowl
Entrée 3 <i>Vegan</i>	Vegan Chik'n Tenders Artisan Roll	Impossible Burger* *Optional: Fresh Topping	Chik'n Nuggets Artisan Roll AND/OR Buffalo Chik'n Nuggets Artisan Roll	Vegan Burrito (R6015)	*Optional: Fresh Topping for both sandwiches Spicy Chick'n Sandwich* AND/OR Chik'n Sandwich*
Entrée 4 Salad, Sandwich, AND/OR ♦ Smoothie	<u>Manager's Choice:</u> Salad** AND/OR Sandwich** AND/OR ♦ Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** AND/OR Sandwich** AND/OR ♦ Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** AND/OR Sandwich** AND/OR ♦ Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** AND/OR Sandwich** AND/OR ♦ Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** AND/OR Sandwich** AND/OR ♦ Smoothie** Granola Cinnamon
*OPTIONAL FRESH TOPPINGS: Fresh Lettuce (R4642) OR Lettuce & Tomato (R4520), and/or Fresh Pickles (R4618)					
Farmer's Harvest	October's Farmer's Harvest items: Persian Cucumbers (CMS #2081, R4635) & Organic Granny Smith Apples (CMS #2057, R3375) DO NOT ORDER - Items auto-shipped weekly from Foods Warehouse. Adjust your produce orders accordingly. HOLD FOR SERVICE on 10/16: Persian Cucumbers → Beef Bibimbap Bowl (cucumber salad) Granny Smith Apples → Fresh Fruit option for CA Crunch Day				
Veg. (½ c)	Petite Baby Carrots	Café LA Salad	Petite Baby Carrots	Celery Sticks	Café LA Salad
Veg. (½ c)	Cherry Smooth Cup	Potato Smiles	Orange Medley Juice	Cooked Edamame	Crinkle Cut Sweet Potato Fries (Choice of Sauce)
Fruit (½ c)	Fresh Fruit	Fresh Fruit	Fresh Fruit	CA Crunch Day Fresh Fruit	Fresh Fruit

Date: 9/12/25

Fruit Juice (½ c, 4 oz.)	♦ Fruit Juice	♦ Fruit Juice	♦ Fruit Juice	♦ Fruit Juice	♦ Raspberry Passion Fruit Slush
♦: When serving Smoothies as the Entrée 4 option, DO NOT serve fruit juice or frozen fruit juice cups/slush. Instead, provide a second fresh fruit option in place of the juice.					
Milk (8 oz.)	Milk	Milk	Milk	Milk	Milk
Treat Item	Offer the Chocolate Chip Cookie (R2641/CMS #2766) once per week as an Extra Treat.				
Condiments	Taco Sauce or Tapatio, BBQ Sauce, Ketchup, Tajin, <u>Optional</u> : Ranch, Liquid Chamoy	Ketchup, Mustard, Ranch, Tajin, <u>Optional</u> : Liquid Chamoy	Ketchup, Taco Sauce or Tapatio, BBQ Sauce, Mayo, Mustard, Tajin, <u>Optional</u> : Ranch, Liquid Chamoy	Sriracha Sauce, Tajin <u>Optional</u> : Ranch, Liquid Chamoy	BBQ Sauce, Ketchup, Taco Sauce or Tapatio Mustard, Ranch, Tajin, <u>Sweet Potato Fries Sauce Choices</u> : Secret Sauce, Ranch, BBQ Ranch, Cajun Ranch, Sriracha Mayo, <u>Optional</u> : Liquid Chamoy

All the Grain/Bread items served are whole grain rich.

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**MANAGER'S CHOICE OPTIONS FOR LUNCH	
SANDWICHES	1. Chicken Parmesan Wrap 2. Toasted Cheese Sandwich V OPTIONAL: Fresh Pickles OR Sliced Tomato
	3. Turkey Breast, Cheese & Shredded Lettuce Sandwich 4. Tuna Sandwich & Shredded Lettuce Sandwich
SMOOTHIES	1. Strawberry Smoothie V 2. Blueberry Smoothie V 3. Mango Smoothie V 4. Strawberry Mango Smoothie V
SALADS	1. Chicken Parmesan Salad & Caesar Dressing, Cheesy Garlic Breadstick 2. Cajun Chicken Salad & Cajun Ranch Dressing, Honey Biscuit 3. Crunchy Chef Salad & Ranch Dressing, Artisan Roll 4. Chinese Chicken Salad w/Shredded Chicken & Asian Dressing, Hawaiian Roll

Fresh Fruit

Apple Slices, Red	Banana	Grapes
Kiwi	Pear, Bosc	Plum

Milk (8 oz.) – Must serve at least two (2) of the following options:

Fat-Free	Low-Fat	Fat-Free Lactose Free	Fat-Free Chocolate	Fat-Free Strawberry
Milk Service Guidelines: - At least one (1) unflavored milk must always be offered - Flavored milk (i.e., chocolate & strawberry) can only be offered to students in 1st grade and above.				

Date: 9/12/25

PREP Grades 9-12 LAUSD Supper Menu
October 13 – 17, 2025

	Monday 10/13	Tuesday 10/14	Wednesday 10/15	Thursday 10/16	Friday 10/17
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
⚠️: Shows possible choking hazards or spicy items NOT for students under 4 years old. Refer to Guidelines for Serving Students Under 4 Years Old for substitutes.					
Entrée 1 <i>Hot AND/OR Cold</i>	Breaded Chicken Nuggets	Chicken, Cheese & Chili Flauta ⚠️	Cheeseburger Sliders	Fiestada Stuffed Sandwich (Beef & Cheese)	Bean & Veggie Taco Crisp Up ⚠️
	Manager's Choice Yogurt Parfait** V Food & Nutrition Crackers V	Manager's Choice SUPPER Sandwich**	Sunbutter & Strawberry Jelly Sandwich V ⚠️	Turkey Stick ⚠️ & String Cheese ⚠️ Cheez-It Crackers	Manager's Choice SUPPER Sandwich**
	Shelf-Stable Meal Kits require AFSS approval to serve: 1. Beef Stick Meal Kit ⚠️, 2. Turkey Stick Meal Kit ⚠️, OR 3. Sunbutter & Jelly Meal Kit V ⚠️				
Entrée 2 <i>Vegan</i>	ONLY PROVIDE A VEGAN SUPPER UPON REQUEST. Provide a vegan entrée that is <i>different</i> than what was served for lunch the same day. Entrée Options: 1. Chik'n Nuggets & Artisan Roll 2. Buffalo Chik'n Nuggets ⚠️ & Artisan Roll 3. Vegan Chik'n Tenders & Artisan Roll 4. Chik'n Sandwich 5. Impossible Burger 6. Sunbutter & Strawberry Jelly Sandwich ⚠️ 7. Apple Cinnamon Chickpea & Grape Jelly Sandwich ⚠️ 8. Spicy Chick'n Sandwich ⚠️				
Veg. (½ c)	Tropical Trio Slush	Paradise Punch Vegetable Juice	Celery Sticks ⚠️	Roasted Potato Wedges	Petite Baby Carrots ⚠️
Fruit (½ c)	Fresh Fruit ⚠️	Fresh Fruit ⚠️	Cherry Lemon Cup	Fresh Fruit ⚠️	Frozen Tangerine Juice Cup
Milk (8 oz.)	Milk	Milk	Milk	Milk	Milk
Condiments	Ketchup, Mayo, Mustard, Tajin	Tajin	Mayo, Mustard Tajin, Optional: Ranch	Taco Sauce or Tapatio, Tajin	Mayo, Mustard, Tajin, Optional: Ranch

All the Grain/Bread items served are whole grain rich.

V = Vegetarian

****MANAGER'S CHOICE OPTIONS FOR SUPPER**

SANDWICHES	1. Apple Cinnamon Chickpea & Grape Jelly Sandwich V ⚠️ 2. Toasted Cheese Sandwich V 3. Turkey Breast & Cheese Sandwich	4. Tuna Sandwich 5. Sunbutter & Strawberry Jelly Sandwich V ⚠️
PARFAITS	1. Blueberry Parfait V	1. Mango Parfait V 2. Strawberry Parfait V

Fresh Fruit

Apple Slices, Red	Banana	Grapes ⚠️
Kiwi	Pear, Bosc	Plum ⚠️

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